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PAGE 6

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Valkyries look to ride momentum after opener win

WWCFL action returns.
Home team sends the Winnipeg Nomads Wolf Pack packing with 52-12 romp

MORGAN MODJESKI
morgan.modjeski@metronews.ca

The Saskatoon Valkyries' 2013 season is off to a good start as the two-time Western Women's Canadian Football League champions toppled the Winnipeg Nomads Wolf Pack on Sunday afternoon, 52-12.

Valkyries head coach Jeff Yausie said the win was a good start to the season, noting it's always hard to determine a team's level of play at practice.

Coming up

The Saskatoon Valkyries play their next game against their provincial rivals, the Regina Riot, on May 12 at Mosaic Stadium in Regina.

"It was fun to see our girls play at game speed, because you try and mimic that in practice … but it's always kind of a mystery until you get out and see your first game action," said Yausie.

One of the key players in Sunday's game was running back Julie David, who managed to score three touchdowns for the Valkyries, running a total of 128 yards.

David said she's excited to be back. "It feels great to actually be playing a game," she said. "We worked so hard at practices and we've been practising since January or February indoors and to finally get this beautiful weather and play against a team instead of just scrimmaging against ourselves, it's a lot of fun."

Quarterback Candace Bloomquist had a strong return to the field as she completed eight of 16 passes for a game total of 102 yards. She said although the win against Winnipeg was a good start, there's still an entire season to go.

"It's always good to start with a win, but there's always things that we have to work on," said Bloomquist.

"We take it one game at a time and we expect everyone to come out and bring their A-game, and we're going to bring our A-game, so it's one game at a time, one play at a time."

Amber Buchholz, receiver with the Saskatoon Valkyries, avoids a tackle by Winnipeg Nomads Wolf Pack defensive back Jodie Carrette at Sunday's game. Valkyries head coach Jeff Yausie said he hopes the momentum from Sunday's 52-12 win will continue in the upcoming season. MORGAN MODJESKI/METRO

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NEWS 1

Grab your washboard and fiddle — it's bluegrass time

Week-long festival. Organizers say the world is recapturing a love of the upbeat style

JANE CAULFIELD
jane.caulfield@metronews.ca

Grab your banjo and join the party as The Northern Lights Bluegrass and Old Tyme Music Society celebrates Bluegrass Week in Saskatoon.

Setting out to expose more people to the toe-tapping style of music, the week including a vocal workshop, a karaoke night with a live band and ends with a big bash featuring Toronto band The Foggy Hogtown Boys.

"The concept is to let people know what the music sounds like. Give them a feel for it," said organizer Tom Kennedy.

Kennedy said bluegrass is accessible to anyone — especially those who love to dance, because the style accentuates happy, upbeat sounds and rhythms, even when the subject matter isn't entirely positive.

"Your dog might have died and your wife left ya ... and even though the lyrics might not show it, it tends to be quite boisterous and energetic."

Kennedy said the reputation of bluegrass as a rural-only style is changing as more musicians incorporate bluegrass influences.

"It's bleeding into a whole bunch of different kinds of music," said Kennedy. "I think it's actually becoming much more mainstream."

Timeline

- **May 6.** A Gospel Evening with the Saskatoon Bluegrass Society — 7:30 p.m. at The Bassment, $5
- **May 8.** Take the stage with The Foggy Hogtown Boys as your backup — 7:30 at The Bassment, $5.
- **May 9.** Vocal Jam and Harmony Workshop with The Foggy Hogtown Boys — 7:30 pm, The Bassment, $5
- **May 10.** The Foggy Hogtown Boys put on a big bluegrass show at The Bassment — Show starts at 9 p.m., $20.

All the way from Big River, the band No Boys Allowed perform at an open Audition for The Northern Lights Bluegrass and Old Tyme Music Festival. The Audition was one event taking place this week during Bluegrass Week in Saskatoon. JANE CAULFIELD/METRO

Waste not, water not, say city officials

Precious MORGAN MODJESKI/METRO

With the arrival of warm weather, the City of Saskatoon is hoping residents think twice before dousing their lawns.

Running from May 5 to May 11, the city says Drinking Water Week is a time for residents to reflect on the role water plays in their everyday lives in hopes of raising awareness about conservation.

Sean Shaw, chair of the Saskatoon Environmental Advisory Committee, said conservation is an important part of saving the environment but also an important part of reducing costs.

"Most people just turn on their taps and that's where the water comes from," said Shaw. "I don't think a lot of people put a lot of thought into where that water comes from and what are the costs with making that water safe."

The quality of a city's drinking water can also have indirect effects.

"Without good drinking water, you get into situations where people are going to start buying bottled water, and that's really expensive — and in the long term, it's worse for the environment," he said.

Shaw noted that while education is critical, the committee feels policies that would make water-friendly appliances mandatory, such as low-flow toilets and shower heads, would go a long way in reducing the city's consumption. MORGAN MODJESKI/METRO

Lucky Clover

Dog turns K-9, finds missing woman

Saskatoon Police Service had some help from a tail-wagging citizen over the weekend, as a local pet helped officers find a 65-year-old woman at roughly 2 a.m. Sunday.

According to a press release, the woman, who suffers from dementia, had wandered away from a care home on St. Henry Avenue.

While conducting a ground search through Diefenbaker Park, police encountered two citizens with their dog Clover. The citizens said they'd be happy to put Clover to work in the search.

After a few blocks, Clover located the missing woman. METRO

Sent to hospital

SUV runs red light, hits police cruiser

A Saskatoon police cruiser and an SUV collided at Idylwyld Drive and 33rd Street on Sunday, after the SUV failed to stop at a red light.

The driver of the SUV was sent to hospital with non-life-threatening injuries. METRO

Traffic restriction

Zipper merge going down: City

With a major traffic restriction scheduled to start Monday on Circle Drive between Millar Avenue and the Circle Drive Bridge, city officials will be asking drivers to participate in a zipper merge.

A zipper merge allows for optimal traffic flow and can reduce collisions by keeping two lanes moving until the last moment when both lanes will alternate merging into one.

New signage will be in place to guide drivers through the merge while Saskatoon police monitor the area, issuing fines to drivers who do not adhere to the posted signs. METRO

Syrian rebels enter air base

Regional involvement. Israel strikes at capital amid days of fighting

Rebels occupied parts of a military air base in northern Syria on Sunday after days of fighting with government troops who have been defending the sprawling position for months, activists said.

The Britain-based Syrian Observatory for Human Rights said rebels moved deep inside Mannagh air base, near the border with Turkey, despite fire from government warplanes. The Aleppo Media Centre says rebels captured a tank unit inside the base and that the base commander, Brig. Gen. Ali Salim Mahmoud, was killed.

The fighting came hours after Israeli warplanes struck areas in and around the capital, setting off a series of explosions as they targeted a shipment of highly accurate, Iranian-made guided missiles believed to be bound for Lebanon's Hezbollah militant group, officials and activists said.

The attack, the second in three days and the third this year, signalled a sharp escalation of Israel's involvement in Syria's civil war. Syrian state media reported that Israeli missiles struck a military and scientific research centre near Damascus and caused casualties.

Rebels have launched a wave of attacks on military air bases around the country in the past months in an attempt to deprive the army of a key weapon used to target anti-government forces. Rebels have been trying to capture Mannagh air base for months but were only able to take small parts of it.

Nearly all Arab states have sided with the rebels. And Israeli attacks were the type of response many had urged from the West. However, while Israel and many Arab states share suspicions about Iran, the perception that they're allied against Assad — even indirectly — is strongly knocked by the leaders. None want to be perceived as approving Israeli attacks. Arab League chief Nabil Elaraby warned of serious repercussions and called on the UN Security Council to "immediately move to stop the Israeli aggressions on Syria."

The conflict has killed more than 70,000 people according to the UN. THE ASSOCIATED PRESS

Bangladesh continues to mourn

A woman is comforted as she grieves after identifying the body of her daughter, a victim of the garment-factory collapse on Sunday in Savar, near Dhaka, Bangladesh. The death toll from the collapse of a shoddily built building in Bangladesh continued its horrifying climb, reaching 622 on Sunday with little sign of what the final number will be. The disaster is likely the worst garment-factory accident ever, and there have been few industrial accidents of any kind with a higher death toll. WONG MAYE-E/THE ASSOCIATED PRESS

Bachelorette party

Five women killed in Cal. limo blaze

A stretch limousine taking nine women to a bachelorette party erupted in flames, killing five of the passengers, including the bride-to-be, authorities said Sunday.

The limo was carrying the women and its driver when it caught fire Saturday on one of the busiest bridges on San Francisco Bay. Five of the women were trapped, but the four others managed to get out after the vehicle came to a stop, the patrol said. The driver was the only person to escape unhurt. THE ASSOCIATED PRESS

Rec league. Soccer referee dies after player's punch

A soccer referee who slipped into a coma after being punched by a teen player during a game a week ago died on Saturday night, police said.

Ricardo Portillo, 46, of Salt Lake City, died at the hospital where he was being treated following an assault, police said. Police have accused a 17-year-old player in a recreational soccer league of punching Portillo after the man called a foul on him and issued him a yellow card.

"The suspect was close to Portillo and punched him once in the face as a result of the call," spokesman Justin Hoyal said in a press release.

The teen has been booked into juvenile detention on suspicion of aggravated assault. Hoyal said authorities will consider additional charges since Portillo has died. He said an autopsy is planned.

Portillo suffered swelling in his brain and had been listed in critical condition.

Portillo's family said he had been attacked before, and Johanna Portillo said she and her sisters begged their father to stop refereeing because of the risk from angry players, but he continued because he loved soccer. THE ASSOCIATED PRESS

Seeking: Tall, dark and incarcerated

One bachelor says he can't be available for a first date for a while — not before 2021. Another claims to hold the Toronto record for robbing the most banks in the shortest span: 11 in four and a half hours.

The suitors are among dozens of male and female cons who have posted profiles and photos on a matchmaking website with a twist: Canadian Inmates Connect Inc. hooks up people in prison for murder with those on the outside.

The 16-month-old website has churned out a few lockup love stories.

Steve Mehlenbacher, 42, met his girlfriend while serving his fourth federal sentence. CIC/THE CANADIAN PRESS

The site's founder, Melissa, a 35-year-old Toronto mom, says she was inspired to start the website after seeing similar ones in the U.S.

For some, the results have led to jailhouse bliss. Julie Young, 24, a single mother from Truro, N.S., credits the website for introducing her to a convicted bank robber she hopes to marry one day.

Her sweetheart, Steve Mehlenbacher, is serving his fourth federal sentence after a total of 16 bank-heist convictions.

Young plans to move across the country this month to be closer to her man. They've never met in person, but they exchange letters regularly and have daily chats on the phone. THE CANADIAN PRESS

Calling all basement inventors: Industry Canada wants you

Home tinkering. Survey of consumer-innovators tries to assess how many Canadians are making the products of tomorrow in their own workshops

Gareth Grainger, 15, skateboards in downtown Vancouver in early April. Skateboards began as rollerskate wheels nailed to boards, a home-grown product later adopted and improved by manufacturers. Now, the federal government wants to tap into the skills of home inventors. DARRYL DYCK/THE CANADIAN PRESS

The federal government wants to tap into the skills of obscure basement inventors and turn their tinkering into innovative consumer products.

A new survey for Industry Canada found almost 13 per cent of Canadians are so-called "private innovators," who have improved on consumer goods or created new products in the last three years. Recent research in the U.S. and elsewhere has found similar numbers of ordinary basement tinkerers, regarded by some as a talent pool consumer-products firms must harness to find fresh profits.

Industry Canada paid survey firm Ekos Research Associates Inc. $80,000 to determine how many Canadians were themselves making the products of tomorrow in their workshops. The department has said the survey is part of a larger project to encourage product development through consumer-innovators, including "framework laws, expenditure programs and regulatory-standards systems." THE CANADIAN PRESS

Online shopping. Canuck e-tailers falling behind U.S. counterparts: Report

Canadian retailers who have delayed launching a robust e-commerce website are running out of time and face "their last wake-up call," suggests a new report on the state of online shopping in Canada.

The report by the U.S.-based Forrester Research, funded in part by Canada Post and Shop.ca, is based on surveys with 1,103 Canadian online shoppers and concludes that U.S. e-tailers are becoming better positioned to steal web revenues from home-grown companies.

"In the eyes of the consumer, the downsides of buying from a U.S.-based retailer rather than a domestic Canadian retailer are diminishing. Canadian retailers should be shaking in their boots," states the report.

"Canadian online shoppers will sacrifice any loyalty to Canada-domiciled retailers if they can find the same product cheaper online at an online marketplace or via a U.S. or international retailer."

According to Forrester, about 25 per cent of online spending by Canadians already goes through international websites. And the data suggests Canadian shoppers are growing increasingly comfortable with cross-border buying.

About 68 per cent of the online shoppers surveyed said they have shopped at a web store based outside Canada. THE CANADIAN PRESS

Quoted

"Canadian online shoppers will sacrifice any loyalty to Canada-domiciled retailers if they can find the same product cheaper online at an online marketplace or via a U.S. or international retailer." Forrester Research report

Online auction

Apollo 11 artifacts to go up for sale

A U.S. auction house will soon accept bids on space and aviation artifacts, including an electrocardiogram of Apollo 11 Commander Neil Armstrong's heartbeat taken when he first set foot on the moon.

Amherst, N.H.-based RR Auction will take bids on the EKG, which registered a normal heartbeat, and other artifacts during an online auction from May 16 through May 23. Other artifacts include the joystick controller operated by astronauts in the Apollo 11 command module. THE ASSOCIATED PRESS

This joystick controller, used by Apollo 11 astronauts on their way to and from the moon, will be part of an online auction. RR AUCTION

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URBAN COMPASS

Paul Sullivan
saskatoon@metronews.ca

The world has changed.

It looks as if Jenny's Bridal Boutique didn't get the memo.

Rohit Singh, who is transgender, walked into Jenny's Bridal Boutique in Saskatoon last month, picked out a dress for her wedding and asked to try it on.

The shop's proprietor, Jenny Correia, told her she didn't allow men to try on dresses in her shop.

And now Saskatchewan is in the news as one of those backwaters where enlightened social attitudes have yet to dispel the darkness, like Arkansas or Alabama and other Deep South states beginning with A.

Ms. Singh eventually found a place that would sell her a wedding dress and she and partner are now married. A happy ending, yes?

Perhaps, but she's not dropping it. There was a rally against Jenny and her bad attitude in front of the store over the weekend, and Ms. Singh plans to take it up with the Saskatchewan Human Rights Commission.

There was a time that public sympathy would probably lean heavily in the shop owner's favour, but not anymore. Now, according to the polls, two-thirds of Canadians are convinced that lesbian, gay and transgender people should enjoy equal marriage rights along with heterosexuals, and presumably that includes trying on wedding dresses.

The bridal-shop lady may think she's speaking for brides when she staunchly maintains that "if you see a man trying on dresses, you're going to feel uncomfortable." But the silver slipper is likely to be on the other foot. Tolerance is in.

Unless it's tolerance toward believers in "traditional values." Legislators everywhere are beginning to honour equal rights — engaging in an unprecedented apology for ridiculing and discriminating against homosexuals — and changing the laws to grant equality.

Think about it. Now anyone, regardless of gender, can marry anyone else. And if one of the two goes to the not inconsiderable trouble of actually changing him to herself, it's the least society can do to sell her a dress. And maybe a pair of silver slippers.

Still, you don't overcome centuries of unchallenged belief overnight. Unless you do. This one was a long time coming, but once the momentum started to roll, the transformation was instantaneous.

Just ask The Donald, who was bowled over by Jenna Talackova, a one-transgender-woman tsunami who overpowered the Miss Universe contest with the bat of a couple of glamorous eyelashes.

If the biggest mouth in America has to shut up and sit down, you know the times, they are a-changin'.

Congratulations, Mr. and Mr. and Ms. and Ms. and Mrs. and Mrs. wherever — and whoever — you are.

ZOOM

Round 1 ... and fight!

OLIVIER MAIRE/KEYSTONE/THE ASSOCIATED PRESS

Cows lock horns to establish hierarchy

The cow Schakira, left, fights against Champion, right, during the traditional annual Combats de Reines (Combat of the Queens) a cow fight in Aproz, western Alpine canton of Valais, Switzerland, on Sunday.

Valais is home to a unique breed of cows, the Herens, also called Eringer cows. The female cattle are very robust and possess the singular characteristic of fighting among themselves to establish a hierarchy within the herd.

The behaviour of the breed has given way to the organized cow fight, which attracts stockbreeders and spectators yearly. THE ASSOCIATED PRESS

It's an uphill battle

- The cows' ritual happens every spring naturally as the cows make their annual climb to high mountain pastures.
- The cows choose an opponent to lock horns with, and the fight ends when the defeated cow walks away. At the end of the tournament, the cow who hasn't been defeated is crowned "the queen."
- The queen becomes the leader, who guides the drove up the mountains.

Click bait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Now that the days have swung from promising to spectacular, it's past time to start stocking the summer-reading war chest. If you're already behind, don't waste any more valuable reading time wondering what to pick up. Just try these three sites for a few good recommendations instead.

Goodreads:

An all-purpose book lover's social network with author interviews, reviews and news on community events like book swaps. But the lists are where the magic happens — compiled by thousands of readers, the simple act of suggestion becomes a sprawling epic covering of endless titles. (goodreads.com)

Shelfari:

A social network that's quite a bit like Goodreads, with a similarly robust stable of lists and tag clouds. However, Shelfari's community is a step above and throwing yourself into the mix with your own library titles and personal reviews makes it all the better. (shelfari.com)

What Should I Read Next:

All this talk of social networking and personal reviews sounds like too much effort? This is about as simple as it gets. If The Hunger Games led you to The Maze Runner and you're wondering where to go next, plug those titles into WSIRN's search engine and voila. (whatshouldireadnext.com)

Letters

As a teenager in Toronto, I strongly oppose underage drinking and feel that it is a growing epidemic in our society.

Recent studies have shown that more than 80 per cent of high school seniors in the U.S. admit to drinking alcohol. Further studies have shown that the average American has had his/her first drink at the age of 14. This is unacceptable, and is leading my peers into a lifestyle of substance abuse. Research shows that individuals who start drinking at a relatively early age are far more likely to become alcoholics.

Each year, approximately 5,000 deaths occur as a direct result of underage alcohol consumption. The parents of these children need to be more involved in their children's lives, and not turn a blind eye to what they're doing. They should set boundaries and keep a close eye on the type of crowd their children are hanging around with.

I believe that underage drinking is a major problem in our society. It should be brought up to parents and children and dealt with appropriately. We should do whatever it takes to try to prevent it. Parents shouldn't allow their children to go to unsupervised parties where there's going to be drinking. I believe that the consequences should be stricter.

Rahmeh Abdul-Jabbar, Toronto

WE WANT TO HEAR FROM YOU: Send us your comments: saskatoonletters@metronews.ca

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Where's the album at?

Beyoncé. Release date rumours, album title rumours and cancelled press conferences has us all wondering the same question

MICHELLE CASTILLO
Metro World News

Is it out? Is it coming? Why hasn't Beyoncé's album dropped?

Metro walks you through the winding road of pushed back release dates.

Beyoncé has been dropping hints for a while, but she hasn't dropped an album. GETTY IMAGES

JANUARY 10

The February 2013 GQ cover story announces that Beyoncé's album could come out as early as April. She says the album will be mostly R&B.

"I always have my Prince and rock/soul influences. There's a bit of D'Angelo, some '60s doo-wop. And Aretha and Diana Ross," she commented.

FEBRUARY 11

The singer hints that the new album will be "a lot more sensual" and "empowering." So, she's still a fierce, independent woman, but she's crazy in love and bootylicious?

MARCH 10

A fake track list for Bey's new album surfaces online. Knowing what we know now, there's probably no chance that Ratchet (feat. Lady Gaga & Azealia Banks) and More Than Sex (feat. Ne-Yo) are real songs, seeing that all the singles she has released or previewed were not on the list.

MARCH 17

Beyoncé releases Bow Down/I Been On on her website.

"I took some time to live my life, but don't think I'm just his little wife."

MARCH 19

MediaTakeOut reports that Beyoncé's new album will come out in fall 2013 now because the two songs that were released — Nuclear and Bow Down — were not doing so well.

"No one thought that both (songs) would fall flat. They were supposed to be her biggest two songs off the album," a source told the website.

MARCH 28

Rolling Stone reports the new album is called Mrs. Carter (but reports on later dates say the album is yet-to-be titled).

APRIL 3

Producer The Dream says Bey has a "very sexual" track called IV Play.

"She's talking about her man, hopefully," he said about the song during the radio program The Angie Martinez Show. "She was talking that talk. That's one of the best performances I've heard from her in that way."

APRIL 4

The new single Grown Woman is released in a minute-long Pepsi advertisement. The video features Beyoncé in a room full of mirrors. Each show a reflection of one of her old looks.

APRIL 8

MTV says in a story about Kelly Rowland that her colleague Beyoncé will release an album within eight months.

APRIL 23

Don't fret: Gwyneth Paltrow said Beyoncé's album will be out soon. She told Digital Spy that she's heard a "lot, lot, lot" of the songs, but she doesn't know which ones will be left on the cutting room floor.

APRIL 23

Beyoncé performs Grown Woman in Paris, but the unnamed album and the track still have no release date.

APRIL 25

Beyoncé debuts a 90-second clip of a new song called Standing on the Sun for her H&M ad campaign.

MAY 1

A publicist told Metro that a Beyoncé press conference in London, scheduled to promote her role in the animated film Epic, has been cancelled, along with a press screening of the film.

Perhaps this means she's finally finishing that album? Maybe.

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Reese Witherspoon.
ALL PHOTOS GETTY IMAGES

Reese: BFFs with cops

Reese Witherspoon is continuing the damage control after her arrest last week in Atlanta for disorderly conduct. On Saturday, the actress was spotted arriving at LAX with one curious accessory: a hat bearing the seal of the Atlanta Police Department, People.com reports. We're guessing this is an attempt by the actress to show the world that, "Hey, the cops and I are cool, OK?" but we're just curious about how she got that hat in the first place. Was it a parting gift after her time being booked in the station? We're guessing it wasn't part of the latest swag bag she got.

Lil Wayne

Pepsi cutting ties with Lil Wayne

PepsiCo is bowing to public pressure for the second time in a week and cutting ties to Lil Wayne over the rapper's crude reference to civil rights martyr Emmett Till in a song. Lil Wayne, one of the biggest stars in pop music, had a deal to promote the company's Mountain Dew soda.

Earlier this week, PepsiCo also pulled an online ad for the neon-coloured soda that was criticized for portraying racial stereotypes and making light of violence toward women. That ad was developed by rapper Tyler, the Creator.

On Friday, PepsiCo said in a statement that Wayne's "offensive reference to a revered civil rights icon does not reflect the values of our brand." It declined to provide any further comment. THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Billy Ray Cyrus is clueless and Clint Eastwood is wife-less

STARGAZING
Malene Arpe
scene@metronews.ca

As part of their divorce settlement, Joe and Tina Simpson split the life insurance policy on Jessica Simpson. Kris Jenner sends a "Kongratulations on being trail blazers" kard.

Billy Ray Cyrus says even he doesn't know when Miley and Liam Hemsworth will get married. That's not surprising. He also doesn't know that we all know he's wearing a wig.

The Kardashians vacation in Greece. That explains the recent mass demonstrations in Athens.

Morgan Spurlock, who's working on a film about One Direction, says the documentary will include a doctor talking about what goes on inside a young girl's brain and body when she hears the boy band play. The doctor says, "The neural and physical symptoms are configured in such as way as to create a psychological as well as corporal matrix of stimuli and after 23 years of intensive studies of the phenomenon of boy bands and their influence on teen girls, the conclusion is Blarg! OMG! Swoonerific!"

Amidst rumours of marriage trouble, Clint Eastwood takes off his wedding ring. He also goes shopping for a new sports car, gets a tattoo and lowers the waist of his pants to a jaunty four inches below his arm pits.

Lindsay Lohan may be launching a website about "art, fashion, music and movies." It will be a lot like Gwyneth Paltrow's site, except mostly about falling down in night clubs.

Alleged comedy Two And A Half Men will be returning next season without Angus T. Jones. Thus necessitating a change of the show's name to Two Men And A Blurry Photo On A Coffee Table.

Twitter

@SirPatStew
Nothing like an early start to the weekend - though not when your hotel is on fire.

@snooki
I love the smell of good hairspray

@Sethrogen
I just impulse bought a 15 pound brisket.

@mindykaling
In Soho, Chanel is across the street from Crocs. High 'n low baby #nyc

Cooperation

Don't ask your kids, tell them

Do not pose instructions as a question.

"Do you want to put your mitts on?" will often get a reply of "NO!"

Use an "it's time to..." statement.

"It's time to put your mitts on."

If "NO!" still happens you can say, "Oh, I didn't ask you, I was just letting you know what time it is."

ANDREA MAIR OF YUMMYMUMMYCLUB.CA

Environment

Diaper disposal does double duty

Want to know a clever way to make your dollar stretch further, get your baby gear doing double duty and be environmentally friendly?

When you've moved beyond diapers to toilet training, don't throw out that diaper disposal unit. Put it in your kitchen and use it as a dedicated organics disposal! It's smell proof, self-contained, and foot-pedal operated. What more could you want?

KAT INOKAI OF YUMMYMUMMYCLUB.CA

Exclusively online

Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Where does religion fit in?

Soul searching. Mom worries if she should be introducing some spirituality into her child's upbringing

JULIE M GREEN
YummyMummyClub.ca

Should children be introduced to religion or allowed to make up their own mind when they are able? ISTOCK

After a recent near-miss faux pas (whereby I almost signed off an email wishing a Jewish acquaintance a Happy Easter), religion is at the forefront of my thoughts.

Though we were both raised Catholic, my husband and I made a conscious decision to eschew religion when raising our son. At the risk of facing the ire of in-laws, we decided not to christen him or to subject him to regular mass or sacraments. He is attending a public school.

Like many parents, we do not want to force a particular faith onto our child. Rather, we want him to make an informed decision about his own spirituality when he is old and mature enough to do so. Until then, we try to impart our Christian values in a loose, fairy tale way. While it may be naive of me to think you can cherry pick parts of a given religion and discard those that leave a bad aftertaste, so be it. Yet part of me wonders if agnosticism is truly the right move.

I wonder whether he is missing out on a distinct sense of community and tradition. When you don't belong to a religion, you are adrift. You have friends and family, sure, but no spiritual raft. Are we doing our son a disservice by leaving him out at sea with no oar?

For those who staunchly believe, faith creates order out of chaos, meaning out of meaninglessness. But at heart I'm a Lennonist (not to be confused with Leninist!). As in John Lennon, of Beatles All-You-Need-is-Love, fame.

I'm a big believer in love over rites and rituals. Given the choice, I'll choose human kindness and acceptance over doctrine and dogma any day of the week. Jesus loved sinners. However, I've come to the sad conclusion that the Church does not. But who knows what will happen with a fresh new pope in situ.

Though I wouldn't liken a religious upbringing with child abuse, as some atheists famously do, I question whether it is selfish to blackball my son's spiritual education. If we don't teach him, how will he know what he's missing? Will he resent us for not versing him in the ways of the Bible or introducing him to God, Allah, and Buddha?

Want a perfect photo? Use whiskey

When I photograph my kids, there is one basic understanding that I have with them: I just need ONE good photo.

The faster that they cooperate and give me that one photo, the faster they are free to go and build Lego/colour/play Minecraft. If they grimace or scowl, they just drag out the process. I don't want to spend an hour taking photos, and they don't want to spend an hour posing. This doesn't always work when your kids are wee, of course.

Scowls aside, here are five tips for taking great photos of your kids.

1. Use whiskey

Not the beverage; the word. Unless, of course, a shot of whiskey is your thing. If you try to make your kids smile by telling them to say "cheese" their smiles will look cheesy. If you have them say "whiskey" (or "monkey" if you have an adverse reaction to whiskey), their smiles look more natural.

2. Shoot them (off-centered)

The technical term is "Rule Of Thirds," but the gist of it is this: You do not want them right smack in the middle of the frame. Move them to the right or left of centre and you will have a shot that is instantly better.

3. Fill the frame

If you are hoping to capture a good portrait of your child, zoom in and fill a large portion of the frame with her face. To get an even more dynamic shot, crop out the top part of her head.

4. Catch them when they aren't looking

We all seem to be programmed that the best shots are the ones where our children are looking at the camera smiling the perfect smile, and showing the world how adorable they are. Sometimes a great photo of them occurs when they are not even aware that you are snapping their photo.

Tell the kids to say 'monkey' instead of 'cheese' and you'll end up with a less 'cheesy' smile. ISTOCK

5. Break all of the rules

Try different angles, different perspectives, different crops. You may end up with a photo that is timeless.

ANGELLA DYKSTRA OF YUMMYMUMMYCLUB.CA

South Meets West: Fried chicken with an Asian twist

Miso-Smothered Chicken. MATTHEW MEAD/THE ASSOCIATED PRESS

The U.S. South's love affair with fried chicken is being challenged by an unlikely influence: The North. Southern food has always been a confluence of cultures, it just happens that it's now the North that is infusing its ideas in the culinary mix.

This chicken dinner by Brooklyn-born Kentucky chef Edward Lee blends a staple of Southern cooking with two Asian ingredients.

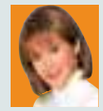
1. In a large bowl, mix flour, salt, cayenne and garlic powder. Add chicken and toss to coat.
2. In a medium Dutch oven over medium, heat the oil until it shimmers. Add chicken pieces skin-side down and cook, turning once, 8 to 10 minutes. Transfer chicken to a paper-towel-lined plate and set aside.
3. Pour off all but 30 ml (2 tbsp) of oil from the pot. Reduce heat to medium-low and add onions. Cook, stirring occasionally, 12 to 15 minutes. Stir in garlic and cook for 1 minute. Add bourbon and cook until liquid has evaporated, about 2 minutes.
4. Stir in chicken stock, orange juice, soy sauce and miso and bring to a simmer. Return chicken to the pot, cover and simmer until it is cooked through, about 30 minutes.
5. Add mushrooms and simmer, uncovered, until they are tender and the sauce is the consistency of a gravy, about 10 to 15 minutes longer. Serve with rice. THE ASSOCIATED PRESS

Ingredients

- 125 ml (1/2 cup) flour
- 5 ml (1 tsp) kosher salt
- 5 ml (1 tsp) cayenne pepper
- 5 ml (1 tsp) garlic powder
- 4 bone-in, skin-on chicken thighs
- 30 ml (2 tbsp) vegetable oil
- 500 ml (2 cups) chopped onions
- 15 ml (1 tbsp) minced garlic
- 80 ml (1/3 cup) bourbon
- 500 ml (2 cups) chicken stock
- 100 ml (1/2 cup) orange juice
- 30 ml (2 tbsp) soy sauce
- 15 ml (1 tbsp) dark miso
- 8 oz shiitake mushrooms, stems discarded, thinly sliced
- Cooked rice, to serve

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Everything in moderation is the key — especially when it comes to pastries. But some items are better left on the shelf.

Gourmet Cupcake With Icing

1125 cal/ 61 g fat/ 117 g sugar
Next time you're ready to inhale that cupcake, remember you're consuming close to your daily calories, fat and three days' worth of sugar!

Equivalent

One gourmet cupcake with icing is equivalent in calories to two cans of whipped cream.

4 French Macaroons

280 cal / 13 g fat/ 28 g sugar
These wonderful and different flavoured macaroons are filled with buttercream, and are more satisfying than the jumbo cupcake.

Lunch. Honey-Paprika Chicken With Roasted Oranges

Ingredients

- 4 navel oranges
- 50 ml (1/4 cup) smoked paprika
- 30 ml (2 tbsp) garlic powder
- 10 ml (2 tsp) chili powder
- 5 ml (1 tsp) kosher salt
- 5 ml (1 tsp) ground cumin
- 5 ml (1 tsp) ground dry ginger
- 50 ml (1/4 cup) honey
- 30 ml (2 tbsp) chicken broth
- 2 lbs boneless, skinless chicken thighs
- 250 ml (1 cup) mixed marinated olives, sliced

1. Heat the oven to 200 C (400 F). Coat a rimmed baking sheet with cooking spray.
2. Slice off and discard the ends of oranges. Cut each orange into 4 thick slices. Arrange slices in a layer over baking sheet.
3. In a small bowl, mix together paprika, garlic powder, chili powder, salt, cumin and ginger. Stir in honey and broth to form a thick paste. Rub the paste thickly and completely over each chicken thigh, then set the thighs in an even layer over the orange slices. Scatter the olives over the chicken. Roast for 25 minutes, or until the chicken reaches 165 F.
4. Divide chicken and olives between 8 plates. Use tongs to squeeze 1 or 2 orange slices over each serving.
THE ASSOCIATED PRESS

Brighten up your poultry's day with a citrus treatment

Citrus Roasted Chicken and Gravy. KAREN HUMPHREY/YUMMYMUMMYCLUB.CA

1. Preheat oven to 175 C (350 F). Dry chickens inside and out with paper towels. In a large roasting pan, stack and arrange most of the carrots, celery, some garlic, lemon and onion. Stuff each chicken with some garlic, lemon, herbs and celery.
2. Run your fingers under the skin of the chickens' breasts, being careful not to rip the skin but separating it from the meat. Slide orange slices under the skin next to the meat, layering them as you go. Dot with butter and push sprigs of the herbs under the skin as well.
3. Rub skin with olive oil, then sprinkle well with salt, pepper and paprika. Truss legs with twine and put chicken on top of the veggies in the pan.
4. Cover chickens with foil and bake 45 minutes. Take off foil and bake for about another 45-50 minutes. Remove pan from oven and let sit for about 20 minutes. Place cutting board inside a rimmed cookie sheet to catch the juices, and remove chicken to cutting board and cover with foil to let it rest longer while you make the gravy.
5. Pour pan juices and vegetables from roasting pan and the vegetables and herbs from the insides of the chickens into a large pot and mash the whole thing up. Sprinkle with flour and mix well, with the pan on medium-low heat. Add wine and chicken broth, stirring, for about 10 minutes.
6. When gravy is thick, take the pot off the heat and strain gravy through a sieve into a bowl, pushing all the liquid through the mashed vegetables. Mix together 15 ml (1 tbsp) cornstarch with about 45 ml (3 tbsp) of cold water and stir it into the gravy, then continue to stir and cook over medium low heat until it becomes thicker. Carve up the chickens and serve with the gravy and mashed potatoes.
YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.

Ingredients

- 2 frying chickens, about 2 1/2-3 lbs each
- 3 carrots
- 4 stalks of celery, cut in half
- 1 head garlic, cloves separated and crushed
- 2 lemons, cut into quarters
- 1 onion, cut into 6 pieces
- 3 sprigs each of fresh thyme, rosemary, and sage
- 3-4 navel oranges, cut in half and thinly sliced
- 30 ml (2 tbsp) butter, softened
- olive oil
- salt and pepper
- 2 ml (1/2 tsp) paprika
- 10 ml (2 tbsp) flour
- 100 ml (1/2 cup) dry white wine (optional, you can use chicken broth or cider instead)
- 500 ml (2 cups) chicken broth
- 15 ml (1 tbsp) cornstarch
- 45 ml (3 tbsp) of cold water

When going away to summer camp, make sure you pack extra changes of clothes for warm weather and cool weather situations. DARRIN KLIMEK/LIFESIZE/THINKSTOCK

What to pack and not to pack

With all the electronics kids have these days, from iPods to video game consoles and cellphones, parents should inquire about a camp's policy on these devices.

Cellphone use, in particular, might raise concerns about a camper's independence away from home. Those that allow cellphone use would be in the minority of camps and many camps are simply out of range for most cellphone use anyway.

Some camps allow periodic phone calls from parents on traditional land-line phones, or will print out emails from home and distribute them like mail, but others don't allow non-emergency contact because they want to encourage a camper's adjustment and to discourage interruptions.

What you should take with you to camp is going to vary on what camp you are attending and what activities you will be doing.

Some camps have this information available on their website or will provide you with this information when you register.

Here is a list of some of the basics, but check with your camp on what to bring and what to leave at home before you pack. Remember to label your belongings.

What to remember:

- Swimwear and sleepwear
- Comfortable, loose clothing
- Extra changes of clothes for warm weather and cool weather
- Rain gear
- Sunscreen (or any other UV protection)
- Hat with a wide brim
- Insect repellant
- Toiletries such as soap and shampoo, etc.
- Sturdy footwear that can handle rugged terrain
- Bedding
- Several towels
- Flashlight and extra batteries
- Refillable water bottle
- Optional items such as cameras, writing supplies, musical instruments, books, games

What to leave at home:

- Portable MP3 players and other music players
- Cellphones, PDAs, etc.
- Expensive items that will devastate your child if they are broken or lost
- Too much money — a modest amount is all that's needed to buy the occasional treat or souvenir at the tuck shop.

METRO NEWS SERVICES

Prepare kids before camp

You can prepare your child for the new and uncertain, yet highly rewarding, experience that will be encountered at camp through friendly chats about things that might seem different. You will think of many things to talk about. Here are a few to start off with:

- Darkness: You might mention the difference between the bright lights in the city at night and the quiet beauty of the star-studded evenings in the country. Sitting around the camp fire at night will seem exciting and different to youngsters.
- Noises: Normal city noises of sirens, buses, horns, airplanes will be exchanged for the sounds of small animals, the chirping of crickets, owls hooting, etc.
- Space: Undeveloped land is becoming a thing of the past. At camp, however, children have acres and acres for playing and hiking. It may be a child's first encounter with this sort of environment, and it may seem very large in comparison to what they are used to. Adults have a tendency to forget that things we long ago accepted will be adjustments for children.
- Children: Mention that there are different kinds of children and that it will require "give and take" to get along, to make friends and to get the most out of living at camp.
- Religion: People have different religious customs, but each has a right to believe in their own way.

METRO NEWS SERVICES

You're more capable than you may know

Talents you have tucked away. Rev up your resumé by reflecting on your own transferable skills

YLVA VAN BUUREN
CareerBear.com

Perhaps you'd like to forget the time that you dealt with customer complaints, but if you kept your cool in these difficult situations, that could be a serious plus for your CV. ISTOCK

If you think you have little or no experience to offer prospective employers, think again, says Sandy Johnson, vice-president of NEXCareer.

We all get experience and skills from different places and various aspects of our lives, says Johnson. These versatile talents that serve you well in different jobs are often identified as "transferable skills."

"Sometimes we have difficulty seeing these competencies because they're such an integral part of who we are that we don't notice them," says Johnson. "But they're the same ones that make us stand apart."

If you are looking for a new job, identifying your transferable skills is the start to exploring what's next. Then, your goal should be to articulate skills in a way that a prospective employer can understand how they relate to the role that they're trying to fill.

"You need to connect the dots for employers so that they can see how you can bring value to their organization," Johnson says.

Here are five common roles and some examples of their transferable skills:

Full-time parent/ homemaker:
"This is a huge job that is so all encompassing, and some of the skills can be translated into a business context," Johnson says. For example, maintaining your home and property may require similar expertise to managing an office when it comes to selecting contractors or other suppliers. A homemaker has the skills to facilitate smooth daily operations much like skills that are valued in the workplace — project management skills (booking a family holiday), negotiation skills (you do it every day with your kids), and time management skills (reacting to changing priorities at home).

Labourer
Manual and other labourers have a range of transferable skills, says Johnson. "The ability to take direction and work independently as well as take initiative and deliver results is highly valued in many roles." Labourers are often task-oriented and show strong problem-solving skills to ensure a job well done within certain requirements and time frame (for example, finding faster/better ways to have flats of flowers planted by noon or dividing responsibilities amongst team members to accelerate the process).

Administrative assistant
Whether supporting one person or a team, this type of position demands organizational and planning skills, management of multiple parties with conflicting agendas and needs (boss, team members, clients, suppliers, etc.), confidentiality and discretion, multi-tasking and prioritizing, ability to improvise and being able to calmly make decisions.

Call centre representative
"Working with the public can be incredibly challenging because you're often on the receiving end of complaints and negative feedback. The ability to provide diplomatic and courteous service while making sure the customer is heard is a huge skill-set, appreciated everywhere," says Johnson. You need to demonstrate exceptional communication skills not just with the customer but with the rest of the team as well. This position entails diagnosing problems and offering solutions. You've got to be able to think on your feet and know when to escalate an issue. Follow-up and follow through are important.

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.

What are my strengths, sister?

It's helpful to have somebody to consult with when you're identifying your transferable skills. Other people can sometimes see your talents more clearly than you can see them yourself, says Johnson. Here's a quick exercise to help.

- Write down skills that contributed to past accomplishments (for example, leadership skills on your basketball team, planning skills for organizing an event).
- Write down skills you've been complimented on (for example, you have been told that you are a good listener or have great interpersonal skills).
- Think about activities that make an exciting experience for you and how it has impacted your success (for example, your passion for always taking on a new sport may indicate you are a quick learner and can easily adapt to new challenges).

Sir, how soon can I go soak up the sun?

Give me a break. You've just landed a new job but you're itching to jet away. Is it too soon to put in the request?

JULIA WEST
Metro World News in New York

Once you've put in a solid half year at your new job, feel free to start dreaming of surf and sand. ISTOCK

The season for summer getaways is fast approaching. But for those who are still wet behind the ears in a new position, is vacation really a possibility? Some companies have a clear policy of when an employee can cash in on paid time off, while others are more vague.

We asked the experts just how soon is too soon when you're a recent hire.

The first ninety days at a company are usually a trial period when the employee gets situated. In most cases, paid time off is accrued after that.

"For this reason, it is generally advisable to not take a lengthy vacation, more than two days off, for at least six months.

"Even better — wait until you have completed your first year at your new job," suggests Lahle Wolfe, writer for About.com's Guide to Women in Business.

If you have travel plans prior to starting, it's best to be upfront about it.

"If you know you have a major vacation planned when you receive a job offer, it's best to be honest about it with the hiring manager," says Lori Hourigan, regional manager for staffing firm Robert Half.

"If you explain the situation and give enough advanced notice, most supervisors will try to accommodate your existing plans."

When you don't have prestanding plans it's important to go into vacation negotiation delicately.

"If you must ask at the start of your new job, be thoughtful in not requesting time off during a crunch period," Tina I. Hamilton, a professional in human resources and president and CEO of hireVision Group, Inc. "And defer to the vacation requests of more tenured staff whenever possible. These considerations will pay off for you in the long run, and as you get established, your peers will do the same for you."

Make yourself comfortable at work, live it up when the weekends come and start planning an outstanding vacation for next year.

Vacation consideration

"If you must ask at the start of your new job, be thoughtful in not requesting time off during a crunch period."

Tina I. Hamilton
President and CEO of hireVision Group, Inc.

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Celebrate an evolving profession

CHRIS EDWARDS
For Metro

National Nursing Week celebrates a profession with a complex history. While some may know the story of Florence Nightingale, hers is but one moment in the development of the nurse — a role that has evolved from servant and helper to independent, organized, medical leader.

Canadian nursing, as we know it today, is the product of reform. New medical technologies, along with advances in hygiene, had allowed Canadians, by the middle of the 19th century, to see the hospital as a place to go for care, rather than simply a place to die.

Nursing came to be seen as an acceptable career for women. Nightingale, the British nurse who proved her mettle in the Crimean War, helped make that possible. She agreed to provide lodgings and salary to nurses who followed her to the Crimea; in exchange, they abided by her rules. She emphasized both training and conduct, and worked to differentiate the role of nurse from that of the doctor, sometimes with difficulty.

Nightingale's ideas found their way to Canada. The first Canadian training school for nurses, part of the St. Catharines General Hospital, opened in 1873. By 1909, there were 70 such schools in the country. This period also saw the formation of a national representative body for nurses, now known as the Canadian Nurses Association (CNA).

Nursing, as a profession, had grown in popularity and esteem. But Nightingale's emphasis on the subordinate role of the nurse — and, by extension, of women — still had to be challenged.

Today, National Nursing Week is celebrated by nurses of both genders, in communities across Canada. Their story is still being written.

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Nurses work with people of all ages, backgrounds, and levels of health, in all kinds of different settings. FUSE/THINKSTOCK

Appreciate the knowledge, skills

May 6-12 marks National Nursing Week in Canada. Across the country, registered nurses (RNs) and registered practical nurses (RPNs), along with their colleagues, staff, and even patients, will be acknowledging the hard work nurses do every day. But this year's theme, A Leading Force for Change, reminds us that nursing is about even more than that.

"Nursing is a profession of leaders — and it is nurses who drive the profession to evolve," says Barb Mildon, president of the Canadian Nurses Association (CNA). "National Nursing Week helps the public to appreciate the knowledge, experience, and leadership skills these nurses bring to their work environments."

But the week does more than simply celebrate nurses. It is also gives them opportunities for professional development. Nurses can attend a mix of activities during National Nursing Week, many of them hosted at their place of work. These networking events, lectures, and other activities give nurses the chance to reflect on their profession — where it came from, where it is now, and where it's going.

"Nurses work with people of all ages, backgrounds, and levels of health, in all kinds of different settings," Mildon says. "Theirs is a complex role. National Nursing Week is one more way we can recognize them for the professionals they are."

CHRIS EDWARDS

Campaign. Nurses say 'It's about time'

The Canadian Nurses Association (CNA) campaign to raise awareness about nurse practitioners (NPs), which focuses on how NPs improve access to quality health care and reduce wait times, was recently launched on Prince Edward Island.

More than four million Canadians are without access to a primary health-care provider, while those that have one often have difficulty accessing care. The result is an unsustainable, heavily burdened and overcrowded health-care system. As the national professional voice of registered nurses (RNs), the CNA strongly believes that adding more NPs will improve access, lead to a greater number of health-care options and enhance care for the whole patient.

"Nurse practitioners have been an important part of Canada's health-care system for decades," said CNA president Barb Mildon. "But Canadians would get a lot more benefit if the health-care system allowed more NPs to work to their full scope of practice. Given the current strains on our system, there's no better time to harness the full capabilities and expertise of NPs. They're an existing resource with a track record for improving Canadians' access to primary health care."

The Canadian Nurses Association has launched a campaign to raise awareness about nurse practitioners. ISTOCKPHOTO/THINKSTOCK

NPs are RNs with additional education, advanced knowledge and nursing experience, who work collaboratively with other nursing colleagues and health-care providers. They deliver and co-ordinate high-quality care, order tests, prescribe medications, and diagnose and manage chronic illnesses. NPs are part of health-care teams in a variety of settings, including community clinics, doctors' offices, nursing homes and hospitals. In B.C., Alberta and Ontario, NPs have authority to admit and discharge patients in hospitals and other facilities.

There are more than 3,000 NPs in Canada, and every provincial and territorial government has NP legislation in place.

The campaign — whose slogan is "Nurse Practitioners: It's About Time!" — is led by the CNA, in conjunction with ARNPEI. METRO NEWS SERVICES

The Montreal Canadiens and Ottawa Senators fight during the first period of Game 3 of their first-round playoff series on Sunday night in Ottawa. The Sens won the chippy affair to take a 2-1 series lead. FRED CHARTRAND/THE CANADIAN PRESS

Senators have Habs back on their heels

NHL playoffs.
Canadiens unable to raise level of play to match hosts as Ottawa grabs 2-1 series lead

Game 3

Senators	Canadiens
6	1

Jean-Gabriel Pageau scored his first NHL hat trick on Sunday night to lead the Ottawa Senators in a fight-filled, 6-1 victory over the Montreal Canadiens and a 2-1 lead in the best-of-seven series.

The third period started out with the Senators leading 2-1, but after Pageau's second goal of the night and a Kyle Turris marker seven minutes in, emotions overflowed and a line brawl broke out at centre ice.

Pageau, who was born in Ottawa, brought the 20,249 spectators on hand at Scotiabank Place to its feet after scoring his second of the game at 1:18 of the third period to give the Senators a 3-1 lead.

Turris' goal, his first of the series, at the seven-minute mark, put the game out of reach and on the ensuing face-off four fights broke out.

The Senators ended up with the man advantage and Jakob Silfverberg scored on the power play as he beat Habs goalie Carey Price up high to make it 5-1 with more than 12 minutes remaining.

More penalties were taken and at one point Ottawa was left with just five players on the bench, while Montreal had six.

Pageau completed the hat trick, just the second player in Senators history to score a hat trick in the playoffs after Daniel Alfredsson did it in 1998, with less than two minutes remaining in regulation.

Alfredsson scored Ottawa's opening goal and Craig Anderson stopped 32 shots.

Price faced 30 shots in a game he will want to forget. Rene Bourque scored the lone goal for the Canadiens at 14:34 of the first.

Captain Brian Gionta and Max Pacioretty, who both missed Game 2, were back in the lineup for the Canadiens.

THE CANADIAN PRESS

NHL playoffs

Kunitz caps topsy-turvy Penguins win on Long Island

Chris Kunitz scored his second power-play goal of the game 8:34 into overtime, off a pass from Sidney Crosby, and the Pittsburgh Penguins shook off an early deficit and a late blown lead to beat the New York Islanders 5-4 on Sunday in Game 3 of the first-round series.

The Pens rode ups and downs in taking a 2-1 lead in the series.

Pittsburgh trailed 2-0 just 5:41 in but rallied to lead 3-2 before the first period was over.

The Penguins seemed in control in the third, but New York erased a 4-2 deficit on goals by Kyle Okposo and John Tavares. THE ASSOCIATED PRESS

NHL playoffs

Zucker lifts Wild to OT win over Hawks

Jason Zucker scored at 2:15 of overtime to give Minnesota a 3-2 victory over the Chicago Blackhawks on Sunday, pulling the Wild within 2-1 in the Western Conference quarter-final series.

Zach Parise scored for the Wild early in the third period, but Duncan Keith got one back for the Blackhawks with 2:46 left in regulation to force the second overtime in three games of this best-of-seven series. Pierre-Marc Bouchard also scored for the Wild, while Johnny Oduya tallied Chicago's other goal.

THE ASSOCIATED PRESS

Gaydosh no longer in control of draft fate

Linden Gaydosh accepts the Peter Gorman trophy as rookie of the year in 2009. THE CANADIAN PRESS FILE

Linden Gaydosh is used to being in control.

For four years, the Calgary Dinos' six-foot-three, 314-pound defensive tackle routinely was able to impose his will on the football field. Then this off-season, the native of Peace River, Alta., had ultimate influence on his workout results before CFL officials, as well as his conduct in the one-on-one interviews afterwards.

But now Gaydosh finds himself in unfamiliar territory. He has no control over where he'll be taken on Monday in the CFL draft.

"At this point it's all out of my hands," Gaydosh said. "That (indecision) has been tough.

"I really don't know what I'm getting myself into and what's going on just yet. I can't wait until the draft, when I know for sure."

Gaydosh won't have to wait long since he's the decided favourite to go first overall. What city he'll call home, though, remains unclear.

Hamilton has the No. 1 selection and is certainly interested in Gaydosh, flying him in on Friday for a meeting with head coach/GM Kent Austin and the club brass. That was a day after the Ticats sat down with Dinos linebacker Mike Edem, another projected first-round selection.

But at least three other clubs — Winnipeg and reportedly Toronto and B.C. — have approached the Ticats about trading for the first overall pick.

Austin said Friday he's willing to listen to other GMs and wouldn't be against trading the No. 1 selection if the right deal came along.

Gaydosh admits he's flattered to be mentioned as a potential No. 1 pick and if he goes first overall he'll enjoy allowing his family to revel in it. But he says it won't consume him.

"I know it's just an opportunity," he said. "It's not a guarantee." THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
You have nothing to prove and nothing to feel bad about, so don't even think of trying to explain yourself to those who don't approve of your aims or your methods. What do you care what they think!

♉ Taurus
April 21 - May 21
It is a fact of life that some people rub you up the wrong way no matter how hard you try to like them. You will have to deal with such a person today.

♊ Gemini
May 22 - June 21
You seem to believe that a friend has let you down and you are so annoyed that you may even be thinking of cutting your ties with them. Don't! According to the planets it's all a big misunderstanding.

♋ Cancer
June 22 - July 23
If you feel less than motivated as the new week begins then don't force yourself to do things you know you won't enjoy. Not even a Cancer can be on top form all the time.

♌ Leo
July 24 - Aug. 23
Whatever you do today make sure you do it to the very best of your abilities. If you don't you could draw the unwelcome attention of someone in power. Think of your reputation: make a good job a brilliant one.

♍ Virgo
Aug. 24 - Sept. 23
What took place over the weekend may not have been to your liking but neither was it as bad as you think. This week's aspects are a lot more promising.

♎ Libra
Sept. 24 - Oct. 23
Try not to take life too seriously today. Find ways to see the amusing side in everything that happens. Even the most solemn of situations can be god for a laugh.

♏ Scorpio
Oct. 24 - Nov. 22
The world is full of possibilities but you seem determined to focus on the negative things. Why is that? Whatever the reason you need to snap out of it fast. Opportunities are everywhere.

♐ Sagittarius
Nov. 23 - Dec. 21
You will have to put up with an annoying person today, the kind of person you would usually cross the road to avoid. Try listening to what they have to say – they know something you should know too.

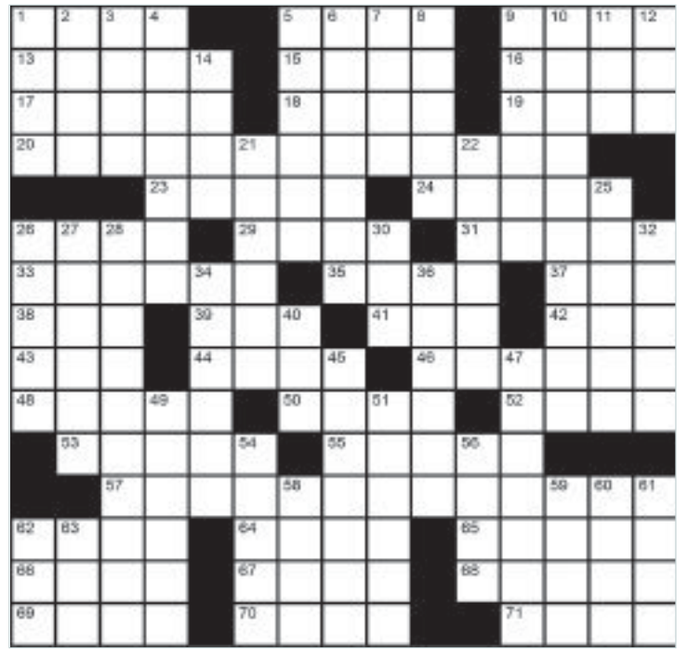
♑ Capricorn
Dec. 22 - Jan. 20
There is no point trying to get approval for what you intend to do this week. Have the courage to go for it no matter what other people might think or say.

♒ Aquarius
Jan. 21 - Feb. 19
What you think is important is really of no importance of all, so stop obsessing about it and turn your attention to more positive things. No matter what the "experts" say nothing bad is going to happen.

♓ Pisces
Feb. 20 - March 20
You may be tempted to give up on something that looks incredibly hard but you will regret it if you do. The approaching eclipse will sweep away all your doubts by the end of the week. SALLY BROMPTON

Crossword: Canada Across and Down

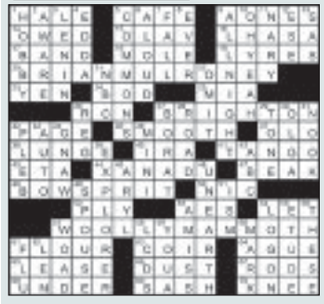
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Suffix with 'Hip'
5. Mr. van Koeverden, Canadian kayaker/Olympian
9. Lovestruck, olde-style
13. Being less diluted
15. Single-named Canadian songstress
16. __ & The Bunnymen
17. "Give ___ ___." (Try)
18. "_ __ you can't guess!"
19. Jazz singing style
20. Canadian __ __ (Annual event of Spring in the capital region)
23. Intended
24. They're called in roll call
26. 'Motor' suffix
29. Purposes
31. Point __ (Canada mainland's most southerly tip)
33. Unkeyed, in music
35. Fashion designer, __ Rabanne
37. Bon Jovi song: "__ Your Hands on Me"
38. Tail: Prefix
39. "__ magic!"
41. Sigma's alphabetic follower
42. "5th __. Girl" (1939) starring Ginger Rogers
43. Guided
44. Young hawks
46. Plants trimmer
48. __-__ (Clark Kent, originally, on planet Krypton)
50. Capri pants, __-length
52. PMs and Prezzes
53. Narrates
55. Mr. Povich of TV talk
57. #10-Down, Canadian __ __
62. Not-well-received movie
64. 'Million' suffix
65. "That's _ ___ thing!" (Definitely)
66. Make clicking noises on the keyboard
67. Shade of blue ...or green
68. MLB Commissioner, Bud __
69. Legis. meeting
70. 'Gen' add-on (Old Testament beginning)
71. Stuff-on-the-beach

Down
1. After gargling, what the dentist says
2. Anti-apartheid activist, Desmond __
3. 'Gen' add-on
4. Regulated routine
5. Extraterrestrials
6. Modern music genre
7. Assist in wrongdoing
8. Montreal morning
9. Like some bagels, __-topped
10. __ & Stewart
11. Smashing Pumpkins co-founder, James __
12. Full amount, for short
14. Skipping __
21. Defective
22. Steam, for example
25. Alan Thicke's "Growing Pains" role, Dr. Jason __
26. Shower sealant
27. "This is _ __!" (Dessert-getter's exclamation)
28. The __ (Canuck band for Deedee, Rooney and Moe)
30. Weekend day, wee-ly
32. Sentinels
34. Danny of "Do the Right Thing" (1989)
36. Mouthwash usage quantity
40. Pouch
45. Warrior of Japan
47. James Joyce's Dublin-set novel
49. Gets married quick-style
51. Snipped-off-of-clothes things
54. 'Cheap' completer
56. Small estuaries
58. Blueberry, and others
59. __-hoop
60. Daughter on "The Waltons"
61. Officially mailed letter, for short
62. Mil. posts
63. Caustic stuff

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1				6				3
7		6		1		9		4
		3	9		5	6		
6								9
			1		6			
2								5
		9	3		1	4		
5		4		9		7		8
3				8				6

Friday's Sudoku

2	4	7	9	3	8	5	6	1
5	6	8	2	1	7	9	3	4
1	3	9	5	4	6	7	8	2
8	9	5	3	2	1	8	4	7
4	8	2	7	6	5	1	9	3
3	7	1	4	8	9	2	5	6
8	2	3	1	9	4	6	7	5
7	1	6	8	5	3	4	2	9
9	5	4	6	7	2	3	1	8

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Do you Have Neck or Back, Joint & Muscle PAIN?

An Effective Treatment for Back Pain

Non-surgical spinal decompression is a proven and effective safe treatment to help you get out of pain and get your life back.

What is Spinal Decompression?
Back pain will affect more than 80% of the population at some point in their life. The result of recent advances in biotechnology, Spinal Decompression Therapy (SDT) has evolved into a non-surgical treatment option for many back problems. It works by releasing compressed spinal discs and returning the spine to its natural state. By producing and sustaining negative pressure between and within the disc, SDT enables the disc to decompress, replenishing much-needed nutrients, fluids and oxygen to the injured or degenerated disc while working like a vacuum to draw the bulging or herniated disc back into place.

Advanced Technology for Better Results
Treatments are customized according to each patient's specific needs. Advanced technology allows treatments to be accurately controlled by computer and monitored several times a second by sensitive feedback mechansims. This targets the affected area accurately and keeps the back from its natural tendency to tense up, making SDT much more effective than many other treatments.

Treatments
Treatments last about 30 minutes and are gentle and relaxing. Most patients begin to feel improvement after a few treatments. Studies have high success rates, with up to 80% of patients reporting significant decreases in pain, and better mobility. SDT is cost-effective and covered by most private insurances.

Conditions Treated

- Disc Bulge or Herniation
- Radioculopathy (Pinched Nerve)
- Degenerative Disc Disease
- Carpal Tunnel Syndrome
- Spinal Stenosis
- Neck & Back Pain
- Fibromyalgia
- Osteoarthritis
- Sciatica
- Headache
- Scoliosis

Heal Your Joint Pain and Injuries

HealthMedica specializes in providing modern and non-invasive treatment options for orthopedic pain. ShockWave Therapy (SWT) has proven to be a safe and effective treatment method in orthopedics and sports medicine.

Shockwave Therapy
Shockwave Therapy (SWT) is the most advanced nonsurgical technology currently available for treating joint, tendon, ligament and muscle problems.

This technology was originally developed for breaking up kidney stones, and was later modified for orthopedic uses. Universities and Olympic team doctors are among those who include Shockwave in their spectrum of services. This latest generation treatment helps your body heal itself.

Shockwaves are very brief, high-energy pressure waves that penetrate to the site of injury and signal the body to begin a cascade of repair effects.

Mechansim of Action
Shockwaves are pressure waves, not electricity, with a very specific wave form. Unlike standard ultrasound, Shockwave Therapy penetrates deep into the tissue, to the site of injury. Cells respond to Shockwave therapy as they would to trauma, by sending a strong cellular healing signal. Numerous studies show the release of growth factors, anti-inflammatory agents and an improved blood supply in response to Shockwave treatments.

This treatment can help heal recent injuries or chronic injuries that do not improve on their own.

Evidence-Based Success
Usually 3-7 treatments are required to fully resolve an injury although many patients report improvements after the first session.

After a thorough initial exam, treatments take about 20-30 minutes and are painless. Studies report a healing rate of 65% to 85%, far superior to most other modalities. Most private insurances cover this treatment.

www.jbmedia.ca@chetanhitang

Conditions Treated

- Shoulder Injuries (eg. rotator cuff)
- Tendon and Ligament Injuries
- Foot Pain (eg. plantar fascitis)
- Tennis / Golfer's Elbow
- Morton's Neuroma
- Jumper's Knee
- Muscle Pain
- Bursitis
- Achilles Pain
- Stress Fractures

Book Your FREE Consultation Today!

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